



LEVEL UP YOUR FITNESS

WITH THE 2023 BATTLE

WORKOUT RELEASE

EVENT 1 - FUNCTIONAL FITNESS

In a 11 Minute time cap, complete as many reps as possible:

- A. Row Max Calories
- B. AMRAP

30 meter Farmers Lunge with Double Dumbbells
30 meter Husafell Bag carry
30 Box Overs
30 meter Sled Pull

Event Variations:

Open Division

- ♂ Dumbbells 2 x 30kgs, Husafell Bag 70kgs, Box Jump Overs, Box 24 inch, Sled Pull weight *TBA
- ♀ Dumbbells 2 x 22.5kgs, Husafell Bag 45kgs, Box Jump Overs, Box 18 inch, Sled Pull weight *TBA

Masters Division

- ♂ Dumbbells 2 x 22.5kgs, Husafell Bag 70kgs, Box Jump Overs, Box 24 inch, Sled Pull weight *TBA
- ♀ Dumbbells 2 x 15kgs, Husafell Bag 45kgs, Box Jump or Step Overs, Box 18 inch, Sled Pull weight *TBA

Scaled Division

- ♂ Dumbbells 2 x 22.5kgs, Husafell Bag 70kgs, Box Jump Overs, Box 24 inch, Sled Pull weight *TBA
- ♀ Dumbbells 2 x 15kgs, Husafell Bag 45kgs, Box Jump Overs, Box 18 inch, Sled Pull weight *TBA

Foundational Division

- ♂ Dumbbells 2 x 22.5kgs, Husafell Bag 45kgs, Box Jump Overs, Box 24 inch, Sled Pull weight *TBA
- ♀ Dumbbells 2 x 15kgs, Husafell Bag 30kgs, Box Jump or Step Overs, Box 18 inch, Sled Pull weight *TBA

EVENT 1 - FUNCTIONAL FITNESS

Presented By



EVENT FLOW:

Team members A, B and C will start behind the starting line. At the call of 3,2,1 GO. The 11 MIN AMRAP will begin. Team members A + B will start the AMRAP, while team member C will begin on the rower. Partner A will begin with the 30 meter Farmers Lunge with the two dumbbells while partner B carries the Husafell Bag. The partner carrying the Husafell bag may not proceed ahead of the partner performing the Farmers Lunges. In the case of any of the two objects or an unassigned part of the body touching the ground, both partners will need to stop and return to the last successful segment completed. Both partners will need to cross the line in order for the rep to count. Partners may swap objects at any point of the carry to complete the repetitions. Next, the team members will share 30 box overs, followed by a hand over hand 30m Sled Pull. Once complete, the round will begin again with the 30m Farmers Lunge and Husafell bag carry. Teams may swap out team members on the Rower and the AMRAP as they require. Teams will continue until the 11 minute time cap is reached.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

Event 1 will be a double scoring event.

The number of calories completed in 11 minutes.

The number of repetitions completed in 11 minutes.

Each will be scored independently of one another.

1 x 5 meter segment is equal to 1 lunge / sled pull repetition. *All scores will accumulate points based off CompMetrics Z -Scoring algorithm that allocates points based off performance measured against the group.

